



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09374, Pears, canned, heavy syrup, drained

Report Date: June 30, 2017 20:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor: 3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 201g	1 half 48g
Proximates						
Water	g	80.35	--	--	161.50	38.57
Energy	kcal	74	--	--	149	36
Energy	kJ	309	--	--	621	148
Protein	g	0.24	--	--	0.48	0.12
Total lipid (fat)	g	0.18	--	--	0.36	0.09
Ash	g	0.15	--	--	0.30	0.07
Carbohydrate, by difference	g	19.08	--	--	38.35	9.16
Fiber, total dietary	g	2.7	--	--	5.4	1.3
Sugars, total	g	16.42	--	--	33.00	7.88
Minerals						
Calcium, Ca	mg	6	--	--	12	3
Iron, Fe	mg	0.22	--	--	0.44	0.11
Magnesium, Mg	mg	4	--	--	8	2
Phosphorus, P	mg	8	--	--	16	4
Potassium, K	mg	66	--	--	133	32
Sodium, Na	mg	5	--	--	10	2
Zinc, Zn	mg	0.08	--	--	0.16	0.04
Copper, Cu	mg	0.061	--	--	0.123	0.029
Selenium, Se	µg	0.1	--	--	0.2	0.0
Fluoride, F ^{1 2 3}	µg	7.5	20	1.295	15.1	3.6
Vitamins						
Vitamin C, total ascorbic acid	mg	1.1	--	--	2.2	0.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 201g	1 half 48g
Thiamin	mg	0.011	--	--	0.022	0.005
Riboflavin	mg	0.024	--	--	0.048	0.012
Niacin	mg	0.242	--	--	0.486	0.116
Vitamin B-6	mg	0.014	--	--	0.028	0.007
Folate, total	µg	1	--	--	2	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	0
Folate, DFE	µg	1	--	--	2	0
Choline, total	mg	1.3	--	--	2.6	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta ⁴	µg	4	1	--	8	2
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	2	--	--	4	1
Vitamin A, IU	IU	8	--	--	16	4
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	50	--	--	100	24
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.24	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.6	0.1
Lipids						
Fatty acids, total saturated	g	0.010	--	--	0.020	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.008	--	--	0.016	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 201g	1 half 48g
18:0	g	0.001	--	--	0.002	0.000
Fatty acids, total monounsaturated	g	0.037	--	--	0.074	0.018
16:1 undifferentiated	g	0.001	--	--	0.002	0.000
18:1 undifferentiated	g	0.036	--	--	0.072	0.017
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.041	--	--	0.082	0.020
18:2 undifferentiated	g	0.041	--	--	0.082	0.020
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

²Stephen Adair, Dennis Leverett, Carol Shields **Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community**, 1991 Journal of Food Composition and Analysis 4 pp.216-226

³Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion

⁴F W Quackenbush **Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials**, 1987 J Liq Chrom 10 pp.643-653